

**Be assertive**

*Make sure you have a dominating presence around others. Be a little stubborn and don't agree with popular opinions.*

Examples:

"I completely disagree. The last season of the show was just sloppy writing."

"That band sucks and I refuse to care about what you're saying."

**Question authority**

*Questioning people in power shows that you're an independent thinker and won't take flak from anybody.*

Examples:

"I'm never going to use the quadratic formula so why are you wasting my time?"

"Do you really think grounding me is going to change anything?"

**Show disinterest**

*Try using sarcasm, one-word answers, or a derisive laugh to show that you don't care what other people think.*

Examples:

"Oh, right, since you care about it then it must be so important."

"Whatever."

**Speak your mind**

*Share your bold opinions with reckless abandon to show others that you're an independent thinker and don't care how your words affect others.*

Examples:

"You're acting like an idiot."

"Your outfit looks like a mistake."

**Make witty comebacks**

*When people try to put you down or call you out on your attitude, serve it back to them with a witty comeback.*

Examples:

“Why are you even here? Did someone leave your cage open?”

“Wow, is that the best you can do? That’s cute. Try again sometime.”

### **Act entitled**

*Act like you know everything, pointing out others mistakes and avoiding common pleasantries (like “please” and “thank you”).*

Examples:

“Wow, you managed to screw up toast. I’m almost impressed.” \*eyeroll\*

“Not going to thank you for doing what you should do anyway.”

### **Ignore consequences**

*Showing some attitude is not going to please some people around you (like your parents or teachers). Ignore any consequences for your actions or pretend like you don’t care.*

Examples:

“Nope, homework bores me. I’m going to the movies like I said.”

“Grounded schmounded. I’m going out.”

### **Dress the part**

*Create your own style to show people that you are independent and don’t care about social norms of dress.*

- Ripped, dirty clothes
- Shirts with abrasive slogans or graphics
- Baggy pants or ill-fitting clothes
- Large, chunky shoes or boots
- Funky color and pattern combinations
- Punky or artistic hairstyles (dyed bold unnatural hues if you like)
- Piercings and tattoos (if you’re over 18. If you’re under 18, avoid getting tattooed or pierced in shady parlors as they can be unsanitary and put you at risk for infection)

**Use body language**

*Show others that you're powerful and domineering in how you hold yourself.*

- Strike a power pose (standing with feet larger than shoulder-width apart, hands on hips)
- Cross your arms
- Confidently lean against things
- Roll your eyes
- Don't make eye contact (to show disinterest) or make too much eye contact (which can be domineering)
- Slam doors or stomp when you feel like it

**Be territorial**

*Don't let anybody into your personal space.*

- Put stickers on your door that say "Go away", "Knocking = imminent death", or any other abrasive sayings to mark your territory
- Yell at people who come into your room uninvited

**Choose like-minded friends**

*Hang out with people who have just as much as attitude as you do.*

- Find people your parents won't approve of
- Act disinterested and the "bad kids" will be drawn to you